

What's veg got to do with community and wellbeing?

Learnings from Leith Croft



Scotland's first **modern 'Urban Croft'** in Leith by reclaiming a two-acre piece of common good land and starting to grow food on it communally

- Leith Community Croft
- 120+ Crofters grow food communally on shared, collectively managed plots
- Market garden cultivated with the help of volunteers
- Farmers' market and café
- Croft Carbon College & Minecroft

What does community mean?

From shared interests to empowerment

Urban Crofts can use derelict land to connect community members to nature, food and each other.

A network of urban crofts could contribute to supplanting agroindustry



Origins of the market garden

2020/21

How we've responded to the
pandemic

A few of our amazing Market Garden volunteers



Market garden- food growing



- Market Garden area planted up with vegetables by Jaimie, Justus, Ali, Wendy and our wonderful volunteers!
- In 2020- harvested over 600kg of produce and have been able to establish our regular veg stall as a result.
- Donated excess produce to local food projects such as Empty Kitchens.





<https://www.youtube.com/watch?v=UCDiVH67DD0>

Top Tips

- Diversity
- Highlighting the sensory and destressing experience of growing
- Growing awareness of seasonality
- Pleasure and sharing
- Moments for community to come together – farmer's market
- Recognising diverse needs of why people show up
- Getting to know people and tailoring, meeting their strengths
- Agility with coordination, pragmatism
- Balancing sociality and production